

FITNESS & NUTRITION

for stress relief

MTSU Campus Recreation, Fitness & Wellness

FITNESS

IMPACT OF EXERCISE ON STRESS (1)

- Reduces stress hormones and stimulates endorphin release
- Endorphins are natural mood elevators

HOW PHYSICAL ACTIVITY REDUCES STRESS (2)

- Regular cardio exercise can reduce tension, improve sleep, increase self-esteem, and more
- Meditation and deep breathing have a similar effect due to endorphin release

TYPES OF EXERCISE THAT HELP

- All exercise can help!
- Most research has been on cardiovascular and mind/body style fitness, like yoga

GENERAL RECOMMENDATIONS FOR ACTIVITY (3)

- 150 minutes of cardio per week at moderate intensity
- 2 days of resistance training of each major muscle group
- At least 2-3 days of stretching/flexibility

SOURCES

1. [Harvard Health \(2020\)](#)
2. [Anxiety & Depression Association of America \(2022\)](#)
3. [American College of Sports Medicine \(2022\)](#)
4. [Eat Right \(Academy of Nutrition and Dietetics \(2020\)](#)
5. [Practical Applications in Sports Nutrition, Mikesky & Hendrick \(2005\)](#)

CAMPUS REC PROGRAMS

- Personal Training
- MyFit (4-week individualized fitness program)
- Group Fitness classes (free for students!)
- Equipment Orientation (free for anyone)
- Nutrition Team tabling
- Nutrition Team 1:1 consultations
- ...and more throughout the semester!

Visit: recportal.mtsu.edu for more information

NUTRITION

HOW FOOD IMPACTS A WORKOUT (4)

- Carbohydrates are imperative to provide enough energy
- The best carbs to eat before a workout are whole grain bread, cereal, waffles, fruit, veggies, pasta, or potatoes

PROPER FUELING FOR AN EFFECTIVE WORKOUT (5)

- Pre-workout: high carb, moderate protein, and low fat (proteins and fats are tougher to break down)
- Plan to eat a full meal 3-4 hours ahead of time and have small, easy-to-digest snacks hours or minutes prior
- Whole foods will help with proper fueling

RECOVERY AFTER A WORKOUT (5)

- Crucial nutrients and fluid need to be replaced
- Carbs right after for glycogen stores
- Protein to repair and build muscles
- Rehydrate immediately and continually after